Item No: 408.2

Lifemax

User Manual

Talking Big Digit Watch

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Features

This watch has a power saving mode. Turn on the watch by pressing the TALKING button for 3 seconds. To return to power saving mode press the MODE and TALKING button at the same time for 3 seconds. In power saving mode the digital display is blank but the internal watch will keep to the last set time.

This Big Digit Talking Watch provides useful functions to run your daily routines more efficiently. For example, you can set up the four talking alarms to remind you when to take your medicine or use the talking stopwatch to time and track your activities.

Its features include:

- Time and date announcement
- Four talking alarms
- Talking stopwatch
- Hourly time announcement
- 100 year calendar

Mode

Switches
between functions

Talking

Announces the time

Adjustment

Allows you to turn on/off
hourly announcement of time

Set

Announces the date

Setting the time and date

Note: While setting the time and date, if no buttons are pressed for 1 minute in idle state, the watch will confirm and return to the current time display.

Follow these steps to set the date and time:

- Repeatedly press the **MODE** button until you hear the time announcement and the display shows the time and day of the week.
- Press and hold the **SET** button for 2 seconds until you hear "time set" and the 24H/12H digits flash on the display.
- Press the **ADJ** button to select 12H or 24H.
- Press the **SET** button, you will hear "hour set" and the hour digits flash.

- Repeatedly press (or hold down) the **ADJ** button to set the correct hour, the watch announces the hour as it advances on the display.
- Press the **SET** button, you will hear “minute set” and the minute digits will flash.
- Repeatedly press (or hold down) the **ADJ** button to set the correct minute, the watch then announces the minute as it advances on the display.
- Press the **SET** button, you will hear “year set” and the year digits will flash.
- Repeatedly press (or hold down) the **ADJ** button to set the correct year.
- Press the **SET** button, you will hear “month set” and the month digits will flash.
- Repeatedly press (or hold down) the **ADJ** button to set the correct month.

- Press the **SET** button, you will hear "date set" and the date digits will flash.
- Repeatedly press the **ADJ** button to set the correct date.
- Press the **MODE** button to complete setting and return to the time display.

Listening to the announcements

- To hear the time announcement, simply press the **TALKING** button, the watch then announces the time for example "it is 10:25 AM".
- To hear the date announcement, press the **SET** button, the watch then reports for example "today is the twenty-third" if the date 10/23 appears on the display (October is not announced).
- Press the **SET** button again and it displays the year, press the **SET** button again to return to normal time display.

Setting the alarms

The watch lets you set 4 daily alarms, follow these steps to set the alarm:

- Repeatedly press the **MODE** button until you hear "alarm one" and AL and – 1 appear on the LCD.
- Press and hold down the **SET** button for 2 seconds until you hear "alarm 1 set, hour set" and the hour digits flash on the display.
- Repeatedly press (or hold down) the **ADJ** button to set the hour, the watch then announces the hour as it advances on the display.
- Press the **SET** button you will hear "minute set" and the minute digits will flash.

- Repeatedly press (or hold down) the **ADJ** button to set the minute, the watch then announces the minute as it advances on the display.
- Press the **MODE** button to complete Alarm 1 time setting.
- Repeatedly press the **ADJ** button until you hear "alarm 1 on" and " " appears on the display to turn the alarm on.
- Repeat the above steps to set alarm 2, 3 and 4.
- Repeatedly press the **MODE** button until you hear the current time announcement to return to the time display.

Note: While setting the alarm time, if no buttons are pressed for 1 minute in idle state, the watch will confirm and return to the alarm time display.

Activating the alarm

You can easily activate the alarm using the following steps:

- Repeatedly press the **MODE** button until you hear "alarm one".
- To activate the alarm, repeatedly press the **ADJ** button until you hear "alarm one on" and " " appears on the display.
- To deactivate the alarm, press the **ADJ** button again and you hear "alarm one off" and " " disappears.
- Press the **MODE** button to go to alarm 2 and repeatedly press the **ADJ** button to turn on/off alarm 2.
- Repeat the above steps for alarm 3 and 4.
- At the preset alarm time, the alarm sounds for 1 minute and turns off automatically.
- To silence the alarm sooner, press any button.

Activating the hourly time announcement

- Repeatedly press the **ADJ** button until you hear "hourly report on" and " " appears on the display.
- To turn off the hourly report, press the **ADJ** button again and you will hear "Hourly report off " and " " disappears.
- The following is an example of hourly announcement "it is 8:00 PM".

Using the stopwatch (count-up timer)

The maximum count up timer (stopwatch) is 24 hours. When the timer reaches 23:59:59, it resets to 0:00:00 and begins counting up again. Follow these steps to operate the stopwatch:

- Repeatedly press the **MODE** button until you hear

"stopwatch" and "ST" appears on display.

- If the display does not show 0:00:00, follow these steps to reset to 0:00:00.

Case 1: When the timer is not running (digits do not change, and ":" is not flashing): press the **SET** button once or twice until "0:00:00" appears on the display.

Case 2: When the timer is running in the front (digits are changing): Press the **ADJ** button then the **SET** button to reset to 0:00:00

Case 3: When the timer is running in the background (digits do not change, and ":" is flashing): press the **ADJ** button then the **SET** button twice to reset to 0:00:00.

- Press the **ADJ** button to start the timer, the stopwatch starts and announces timing.

- To stop or pause the stopwatch, press the **ADJ** button.
- To resume the timer, press the **ADJ** button again and the stopwatch timer continues from the displayed time.
- To reset the timer to 0:00:00, press the **ADJ** button to stop the timer, then press the **SET** button.

Recording lap times

The lap function lets you freeze the display to document the timed reading, and then return to the stopwatch timer to see the advancing time. You can monitor lap times continuously as long as the stopwatch continues to run.

Follow these steps to measure lap times:

- Repeatedly press the **MODE** button until you hear "stopwatch" and "ST" appears on the display.

Note: If the display does not show 0:00:00, follow the steps described in USING STOPWATCH to reset to 0:00:00

- Press the **ADJ** button to start the stopwatch timer.
- When the first lap is finished, press the **SET** button and the stopwatch display freezes, but the stopwatch timer continues to run in the background. The ":" in the elapsed time flashes.
- When you have documented the lap time, press the **SET** button, the display then changes to show the advancing time (was in the background) on the stopwatch timer.
- Repeat the above steps for each additional lap.
- Press the **ADJ** button to stop the stopwatch, then press the **SET** button to reset the display to 0:00:00.

The stopwatch announces the elapsed time according to the following:

Elapsed Time	Voice Announcement
0 to 9 seconds	every second
10 to 59 seconds	every 10 seconds
1 to 9 minutes	every minute
10 to 59 minutes	every 10 minutes
1 to 23 hours	every hour

During timing, you can press the **TALKING** button to hear the voice announcement at any time.

Caring for your watch

- Talking watches are not water-resistant and should not be kept in a damp place or immersed in water.
- Should the watch accidentally become wet, wipe dry quickly and do not operate until dry.

Product regulations

The materials, components and assemblies in this product comply with 'The Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations (RoHS).

Recycle where local facilities are available.

Strap replacement

Replacement watch straps are available from jewellers or watch specialists.

Battery replacement

- This watch uses one CR2016 battery.
- It is strongly recommended that a qualified person, such as a trained jeweller or watch specialist should fit new batteries to avoid any damage to the watch.
- Alternatively you can return your watch to Lifemax at the address shown below with payment of £10 to cover the cost of replacement batteries and return postage.

Please retain this information for future reference

LIFEMAX LTD.
Unit 1 Pipers Court,
Thatcham,
Berkshire, RG19 4ER
www.lifemaxuk.co.uk

- To replace the batteries undo the four small screws securing the back. (You may need to remove the strap before the back cover can be removed).
- With the back removed, use a small screwdriver to remove the two screws holding the battery bar.
- Remove the battery and install a new one with the positive side (+) up.
- Replace the battery bar and back and fasten the screws.
- Use only the designated battery type.
- Read instructions carefully and install batteries correctly observing the polarity (+ -) sign.
- Supply terminals are not to be short circuited.
- Do not dispose of batteries in fire.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.